

THE NAMES FAMILY FOUNDATION GYMNASIUM



JULY 3RD

MON

DROP-IN*

PICKLEBALL

8:30-11:30AM

DROP-IN*

BASKETBALL

12-2PM

16&UNDER

OPEN GYM

2-4PM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

JULY 4TH

TUE

JULY

JULY 5TH

WED

DROP-IN*

PICKLEBALL

8:30-11:30AM

THU

JULY 6TH

DROP-IN PING-PONG

8:30-10:30AM

DROP-IN*
BASKETBALL

TOT GYM
11-1:30PM

16&UNDER OPEN GYM 2-5PM

12-2PM

16&UNDER OPEN GYM 2-5PM

ALL AGES VOLLEYBALL 6:30-8:30PM JULY 7TH

FRI

DROP-IN* PICKL**EBA**LL

8:30-11:30AM

DROP-IN* Basketball 12-2PM

16&UNDER OPEN GYM 2-5PM

CLOSED FOR RENTAL 6-8PM JULY 8TH

SAT

CLOSED

FOR RENTAL

10-2PM

JULY 9TH

SUN

FOR RENTAL 10-2PM

> CLOSED FOR RENTAL 2-4PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



MULTI-PURPOSE ROOM



JULY 3RD

MON

8AM

9AM GENTLE HATHA
YOGA
10AM 9-10AM

11AM

CHAIR YOGA 10:30-11:30AM

1PM

12PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

JULY 4TH

TUE

JULY 5TH

WED

GENTLE HATHA
YOGA

10:30-11:30AM

JULY 6TH

THU

JULY 7TH

FRI

GENTLE HATHA
YOGA
9-10AM

JULY 8TH

SAT

JULY 9TH

SUN

CLOSED FOR RENTAL 9-1PM

CLOSED FOR RENTAL 2-5PM

DROP-IN PING-PONG 3-7PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



JULY 3RD

JULY 4TH

JULY 5TH

WED

JULY 6TH

THU

JULY 7TH

FRI

JULY 8TH

SAT

JULY 9TH

SUN

BEG. BARRE 9:30-10:30PM

BARRE/HIIT 10:30-11:30AM

FIRCREST DRUMLINE 12-2PM

MON

8AM

9AM 10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

BRIDGE FOR BEGINNERS 4-6PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



GATHERING SPACE



JULY 3RD

MON

SENIOR

MORNINGS

9-11AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

JULY 4TH

TUE

JULY 5TH

WED

JULY 6TH

THU

JULY 7TH

FRI

JULY 8TH

SAT

JULY 9TH

SUN

SENIOR MORNINGS 9-11AM SENIOR MORNINGS 9-11AM

PINOCHLE GROUP 11:15-4PM CHESS CLUB 11-1PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM



YOUTH ROOM



JULY 3RD JULY 4TH JULY 5TH JULY 6TH JULY 7TH JULY 8TH JULY 9TH MON THU TUE WED FRI SAT SUN 8AM 9AM **10AM** 11AM **12PM** 1PM 2PM 3PM 4PM 5PM 6PM 7PM 8PM 9PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM